

MEDICAL RECOMMENDATIONS TO U.S. MILITARY ATHLETES

Like any major international sporting event, all CISM World Championships will conduct drug testing. It is the same drug testing performed by the International Olympic Committee (IOC) at the Olympics. These tests involve analyzing the athlete's urine for any of the agents currently listed as performance enhancing. These tests are designed to catch athletes who are trying to gain an unfair competitive advantage. The list of banned substances is long and contains many things that one would not think of as performance enhancing.

Many of these banned substances are found at the local drug store, pharmacy and maybe your own bathroom cabinet—namely in the form of over the counter cold preparations and supplements. Every year, athletes test positive because they have unintentionally taken a banned substance (remember the Romanian gymnast at the 2000 summer Olympics who took a cold tablet and popped positive???). To minimize the potential for positive tests, here is a list with helpful information.

1. Take any supplements **AT YOUR OWN RISK**. This is also the rule of thumb for Olympic athletes.
2. Supplements are **NOT** FDA regulated. This means there is no guarantee that the list of ingredients on the bottle is accurate. There may be additional substances included that are not listed that may result in a positive test.
3. The most common banned substances that inadvertently pop athletes positive include; Ma Huang, Ephedra, Ephedrine, Psuedoephedrine and Xenodrine.
4. These products are commonly found in many weight loss products and dietary supplements, including “Ripped Fuel”, “Metabolife”, “Fat Burners”, and “Syne Drex”, to name a few.
5. These banned products are also found in over-the-counter cold preparations, including “Tylenol Cold and Sinus”, “Advil Cold and Sinus”, “Sudafed” and other cold preparations with psuedoephedrine, ephedrine, ephedra or PPA. Any preparation with “cold and sinus” in the title likely contains one of these decongestants and is considered a banned substance.
6. In general, single product supplements like creatine, protein and chromium piconolate in their pure form are not banned (remember, there is no guarantee other substances are not included). The supplement “Met Rx” also lists no banned substances in its list of ingredients.
7. Vitamins, in general, are not banned as long as they contain no additional ingredients.
8. Prescription medications: Birth Control pills and anti-inflammatory medications such as Motrin, Advil, Tylenol, Aleve, Naprosyn, Daypro, Celebrex and Vioxx are not banned substances. Antibiotics (example— tetracycline or doxycyline for acne) are not banned substances. Topical antibiotics and Retin-A for acne along with topical hydrocortisone creams for skin conditions are not banned substances.

9. Prescription medications for allergies are not banned as long as there is not a decongestant (psuedopehedrine) added. For example, Claritin, Allegra, Benadryl are not banned. Claritin-D and Allegra-D, however, are banned because they have ephedrine/psuedophedrine added to the preparation.
10. Any medications for asthma (oral or inhalers) are considered restricted substances. Restricted substances are medications that are considered performance enhancing UNLESS you have a documented medical history of asthma/ reactive airway disease. If you have one of these conditions, you MUST bring your medical record with documentation of your condition with you to the competition. If drug tested, you MUST claim your medication at time of testing. If these two criteria are not met, you may be subject to disqualification and sanctions.
11. Any nasal sprays for allergic rhinitis (Flonase, Vancenase) are also restricted substances. Again, bring must bring your medical record with documentation of your condition and claim the medication at time of testing .
12. At World Championships, the top 3 finishers are generally tested. In addition, there is also random testing done within the entire field. So don't think you are exempt just because you may not finish in the top 3.
13. A positive test, even if inadvertent, will result in automatic disqualification from the competition, a ban from international (CISM) competition for at least 6 months to 2 years, and the potential for fines. If you are involved in a team sport, your entire team will be disqualified and banned from international competition.

If you are in doubt, **DO NOT TAKE IT/ STOP TAKING IT**. If you have any questions, please call your team representative/ team captain.

Your signature below acknowledges that you have read the above information and realize any medications/ supplements you may be taking you do so at your own risk. If you have asthma, use inhalers or nasal steroids, you understand the requirement to bring your medical record with documentation of your medical condition to the competitions and claim that medication on the declaration form if you are drug tested.

Printed Name

Signature

Date

Sport